

Claims

1. Method for maintaining normal blood pressure, comprising administering to a subject glycine betaine in an amount sufficient to achieve the desired
5 result.
2. The method according to claim 1, wherein a daily dosage of 0.05-20 g of glycine betaine is administered.
3. The method according to claim 1, wherein a daily dosage of 0.1-8 g per day of added glycine is administered.
- 10 4. The method according to claim 1, wherein glycine betaine is in the form of anhydride, monohydrate, or a salt.
5. Method for reducing blood pressure, comprising administering to a subject glycine betaine in an amount sufficient to achieve the desired result.
- 15 6. The method according to claim 5, wherein a daily dosage of 0.05-20 g of glycine betaine is administered.
7. The method according to claim 5, wherein a daily dosage of 0.1-8 g per day of added glycine is administered.
8. The method according to claim 5, wherein glycine betaine is in the form
20 of anhydride, monohydrate, or a salt.
9. The method according to claim 5, wherein the reduction of diastolic pressure is achieved.
10. Method for the prevention or treatment of hypertension, comprising administering to a subject in need of such treatment glycine betaine in an
25 amount sufficient to achieve the desired result.
11. The method according to claim 10, wherein a daily dosage of 0.05-20 g of glycine betaine is administered.
12. The method according to claim 10, wherein a daily dosage of 0.1-8 g per day of added glycine is administered.
- 30 13. The method according to claim 10, wherein glycine betaine is in the form of anhydride, monohydrate, or a salt.
14. The method according to claim 10, wherein a daily dosage of 0.05-20 g of glycine betaine is provided.
- 35 15. The method according to claim 10, wherein a daily dosage of 0.1-8 g per day of added glycine is provided.

16. The method according to claim 10, wherein the added glycine betaine is in the form of anhydride, monohydrate, or a salt.

17. The method according to claim 10, wherein the reduction of diastolic pressure is achieved.